

Smoking and Pregnancy

The Real Risks for Mothers and Babies

- ✓ Smoking during pregnancy accounts for up to 10 percent of all infant deaths.
- ✓ Women who smoke while pregnant are twice as likely to have a low birth weight baby.
- ✓ Pregnant smokers are more likely to deliver babies premature.
- ✓ Women who smoke are less likely to breastfeed than nonsmokers. They are also more likely to wean earlier if they breastfeed.

Effects of Smoking after Baby is Born

- ✓ Upper respiratory infections in mothers and babies.
- ✓ An increase in the risk of Sudden Infant Death Syndrome (SIDS).
- ✓ Ear infections, impaired lung function, asthma, and stunted growth in children exposed to secondhand smoke in the home.

Benefits of Quitting Smoking During Pregnancy

For Baby

- ✓ Increases the amount of oxygen baby will get.
- ✓ Lowers the risk that baby will be born too early.
- ✓ Increases your chances of having a healthy baby.
- ✓ Increases the chances your baby will come home from the hospital with you.

For You

- ✓ Gives you more energy and helps you breathe easier.
- ✓ Saves you money you can spend on other things.
- ✓ Makes your clothes, hair, and home smell better.
- ✓ Lets you feel good about what you've done for yourself and your baby.



For more information on smoking, contact the Oakland County Health Division at (248) 424-7125.



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